
Attention

The Who Eats Breakfast First
 Starts Day Right
 Stanley Baldwin who used
 to be Minister of England, recom-
 mends that on other days that breakfast be
 the first meal of the whole day;
 and that there is nothing so neces-
 sary as thinking about meals. We might
 as well go into that topic right
 now. I always enjoy my breakfast
 and Mr. Baldwin. "I find it
 the most pleasant meal of the day."
 I am getting to be an old man
 and I still come down to breakfast
 every morning feeling full of
 vigor, faith and cheer. By the
 way, I have lost a great deal

By evening I am nearly all
all hope for this world on
of this, of course, proves an
except that Mr. Baldwin
y well by himself at the be
table; but it does call to m
fact that most Canadians
y breakfasts in a most unpar
manner. Breakfast ought to
event; it ought, as it is wit
twin, to be an occasion of h
a and cheer; but for most of
hardly as much as an incident
the chief trouble, probably,
few of us come to the

The city man lies a
the last minute, then
bles to his feet, shaves
es in a fumbling sort of way,
es to the dining room (lying
and mumbling pitiously. F
to get out of the grip of h
is, he gulps down his coffee
his food like an automaton.
breakfast is in him before
ly knows that he is eating.
no farmer knows better. He g
ly does an hour or so of
k before he goes to breakfast

not get wide awake, but
 up a good appetite.
 ? Well, he leisurely tackle
 of oatmeal, some eggs
 age and fried potatoes, a
 pie cakes, a doughnut or two
 couple of cups of coffee; and
 time he is through he can
 agricultural depression with
 conscience.

Of course, such a breakfast
 the average city man in
 ital in short order. Next
 the farmer has the right

Progress In British Columbia
Wanna Beards Have Laid
Canning Plant In Canada.
are progress in 1930 than
is reported by most of
the towns and villages in the
of British Columbia, w
centres have held their

improved with 1929. Prince Massett, Pouce Coupe, Vasey, Powell River have witnessed expansion than in any previous year.

In the Okanagan Valley work has been at least on a par with the rest of the province and tax collections have been more than 90 per cent, in many localities.

The dehydrating plant at Penticton has doubled its payroll; the new fruit cannery at Kelowna has now the biggest fruit and vegetable cannery in Canada. Penticton has held steady and the work is going forward. Construction work in the Kootenays has been made up for lower metal prices in acres of small centres and is entirely on logging, mill work is now flourishing. A

New settlers near Prince George making a wilderness into a corridor and new settlements arising in the Cariboo. New business arising as a result of coal-mining activity and highway construction. Central centres, Revelstoke and Cranbrook have advanced notably. Kelowna is holding its own and Kamloops has had the biggest centennial in its history.

The Explanation

Sweet Thing—"Were you ever married?"

Grumpy Bachelor (warily)—"Yes, but I never got on."

An Old Invention



Leave us your next
Order for

Printing

You do not have to stand
where, when you can get it just
as easily and cheaply at home.

Our Print Shop is ready always to meet
your requirements in

**Everything in the Job
Printing Line**

The Times Job Department

P. O. Box 280

**The Proof is
in the Eating**

Many a batch of bread has
been spoiled by the flour not
turning out just right.

**Opportunity Flour
Is Always Reliable**

It is manufactured from
what grows in your own dis-
trict, and ground in your own
town. Why may you? Buy
Opportunity and you support home
industry.

**Custom Milling
BRAN AND SHORTS
FOR SALE**

McKay & GATES
PROPRIETORS

**Reliance Coal Mine
Prices Reduced!**

We will deliver Willow
Creek Lump to Delia for
\$5.00 per Ton.

Our Prices at Mine are:
**LUMP, \$2.50 per ton
STOVE, \$2.00
NUT, \$1.00**

The above prices pre-
vail until further notice.
Phone 1909.

**EDMONSON, GODWIN
& ROWDEN, Props.**

Church Services

**THE UNITED CHURCH
OF CANADA**

Rev. Gen. A. STEWART, B. A., Pastor
Sunday, 10:30 a.m.
Services for Women
Service of Worship
Sunday School
Vesperal Service
The Lord's Supper is observed on
the first Sunday of the month, after the
morning service.

THE BAPTIST CHURCH
Rev. Dr. M. W. WATTS, Pastor

Borrow are held each Sunday
except on the following:
Sunday School
Bible Class
Church School
Women's Convention
TUESDAYS
Senior B.P.U.C.
WEDNESDAYS
Junior B.P.U.C.
Prayer Meeting

Morning—A week that that slogan
"Borrow—Why not?" is
being used in the United Church
of Canada, the month, after the
morning service.

Local Grain Prices
TUESDAY, Feb. 4, 1931

Wheat—Northern	24.00
Wheat—Southern	24.00
Wheat—Hard	24.00
Wheat—Soft	24.00
Wheat—Mixed	24.00
Wheat—Red	24.00
Wheat—White	24.00
Wheat—Yellow	24.00
Wheat—Green	24.00
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Wheat—Brown	24.00
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